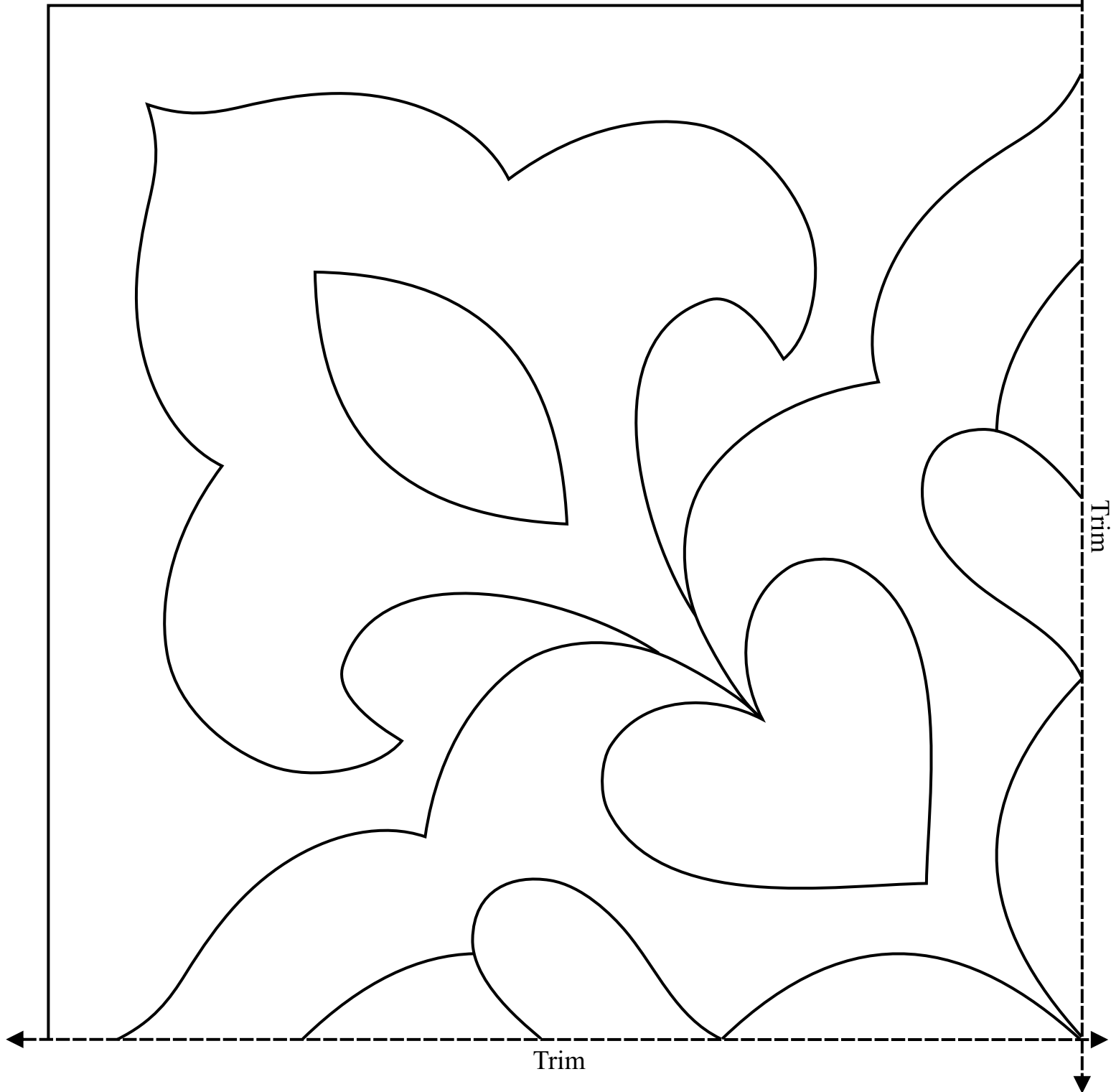


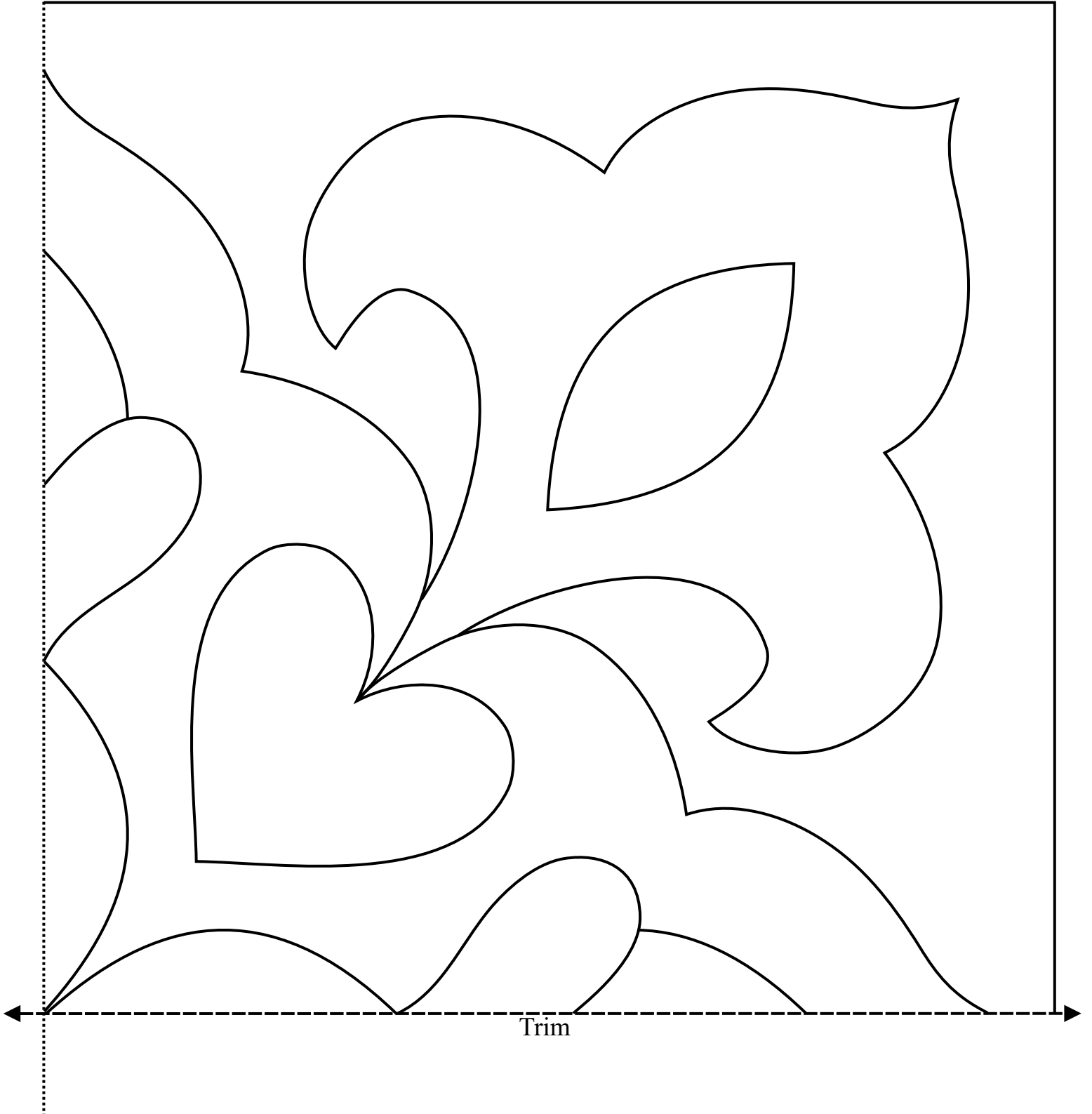
# An Intro Hand

A

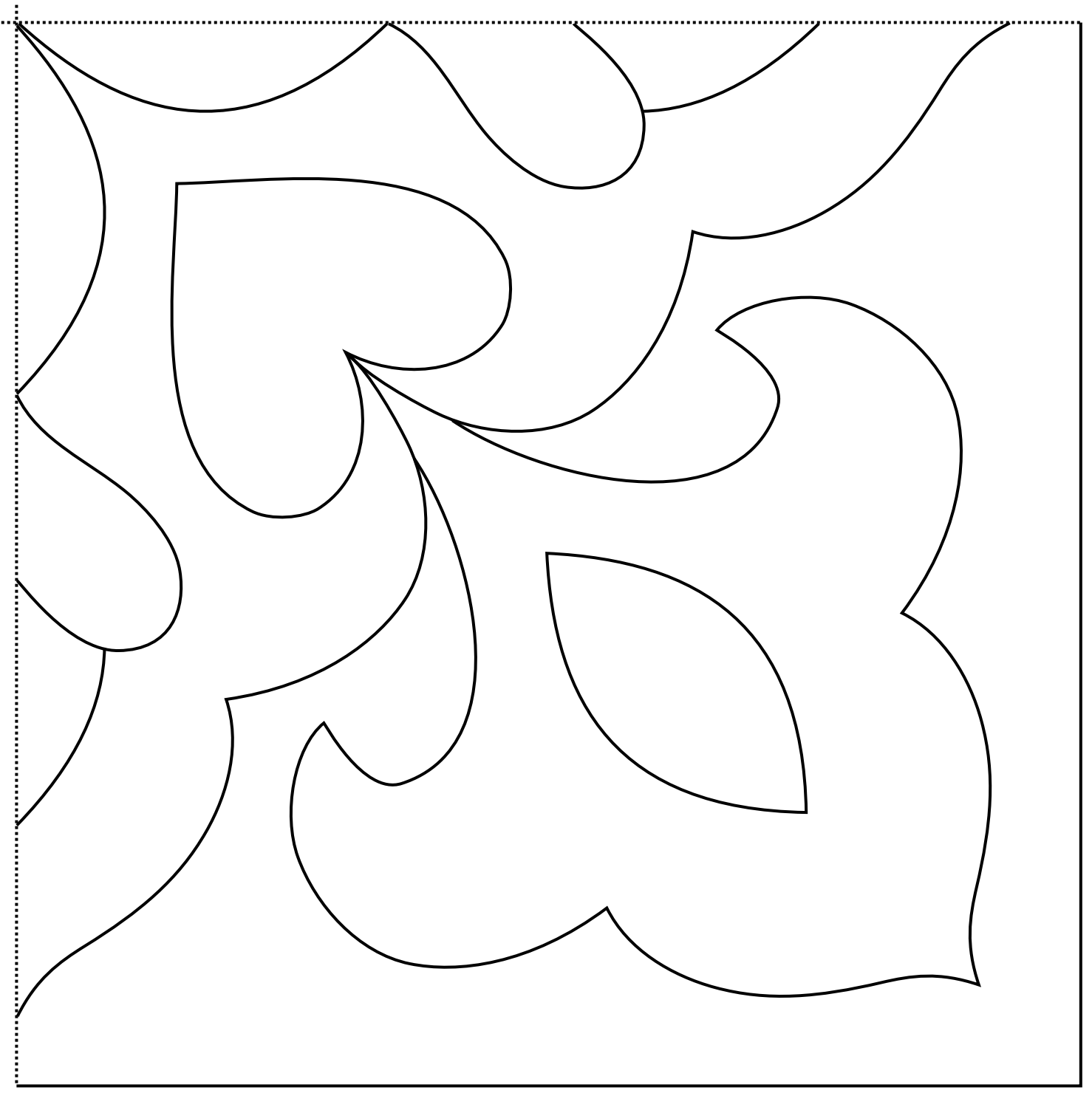
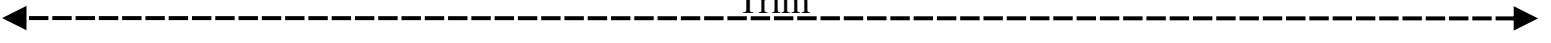


# Introduction to Quilting

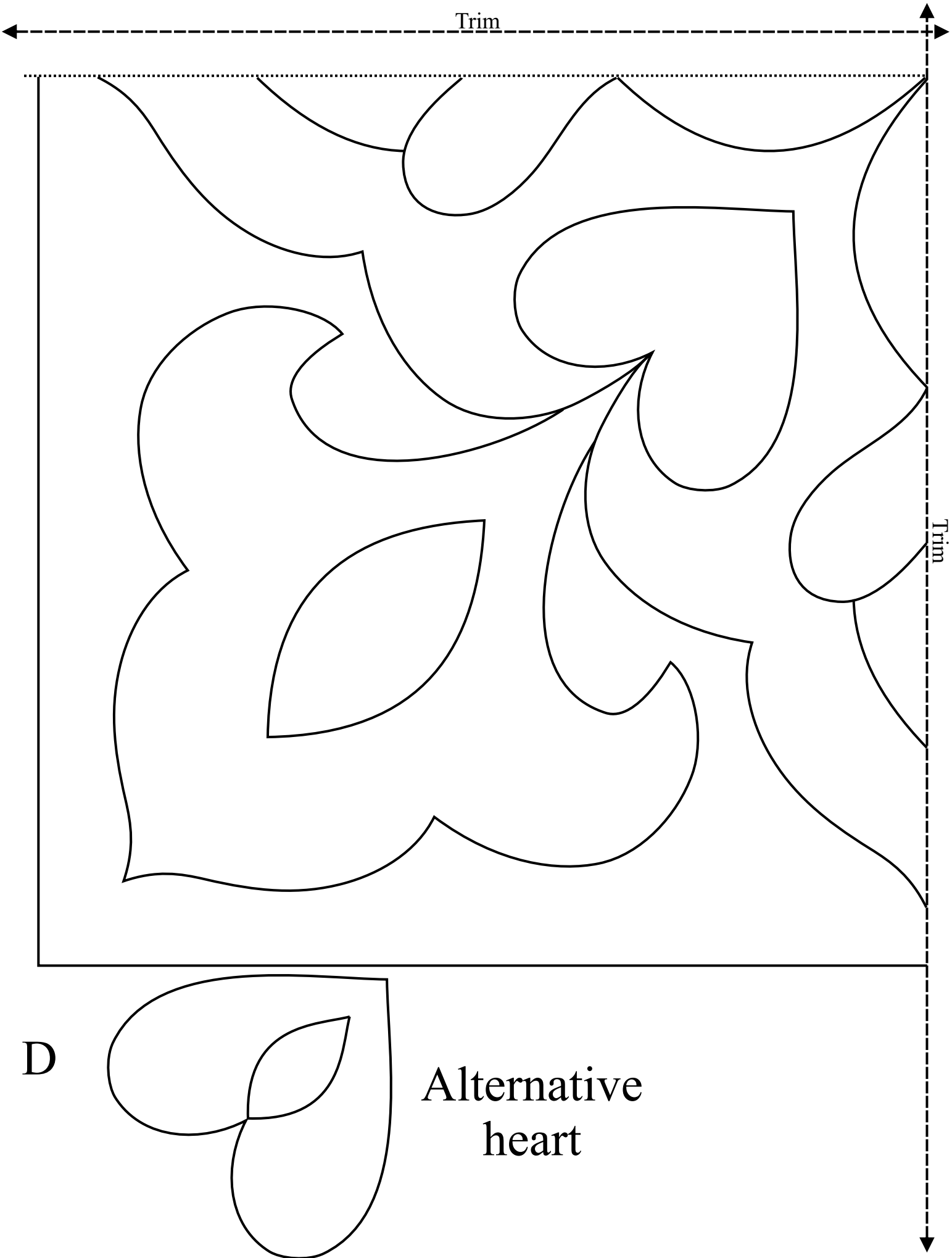
B



Trim



C



Trim

Trim

D

Alternative  
heart

# *Introduction to Hand Quilting*

## **Materials**

*Either* 0.5 m plain (solid) 44" (110cm) wide cotton fabric

*Or* 1 x 18" (45cm) square plain (solid) cotton fabric for cushion front  
and 24 x 18" (60 x 45cm) lightweight furnishing fabric for cushion back

1 x 18" (45cm) square polyester wadding (batting)

1 x 18" (45 cm) square lawn for backing

Quilting thread and a 'betweens' quilting needle

*Tip:* The three-dimensional effect of the quilting will be enhanced if you use a slightly darker quilting thread than your top fabric.

## **Cushion top**

- If using the same fabric for both back and front of the cushion, cut an 18" (45cm) square off one end.
- Lightly trace design onto the right-side of the top fabric using an artists' watercolour pencil or marker of your choice.

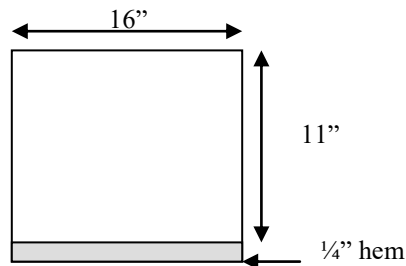
*Tip:* If your fabric is too dark to do this, tape the pattern and fabric to a sunny window or use a lightbox. If you do this, make sure you do not mark the fabric too heavily.

- On a flat surface, lay out backing fabric with wrong side facing you and lay the wadding on top, smoothing out any wrinkles as you go.
- Complete the quilt "sandwich" by laying on the top fabric, markings uppermost.
- Tack the three layers together in a 3"- 4" (7 – 10cm) grid using a neutral coloured tacking thread.
- Quilt the design with evenly sized running stitches, starting in the centre and working outwards.
- Be careful to start and finish threads where the pattern changes direction, even if this involves 'wasting' some thread.

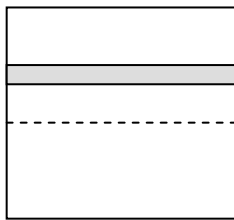
# Introduction to Hand Quilting

## To complete the cushion

- Trim work to 16" square.
- Cut two pieces of cushion back fabric as wide as the cushion top and 2/3rds its length.
- On one of the long edges of each piece, make a narrow hem  $\frac{1}{4}$ " (0.6cm) hem to enclose the raw edge.



- With right-sides together, overlay the two back pieces onto the cushion front so that all raw edges align and the hemmed edges overlap.



- Machine stitch all around using a  $\frac{3}{8}$ " (1cm) seam allowance.
- Turn work right-side out and insert 16" (40cm) cushion pad.
- Enjoy your wholecloth cushion!

